



**PREVENTION FIRST** is a proactive, comprehensive stance to showcase the importance of substance abuse prevention throughout West Virginia. This approach provides a clear, consistent, strong message to community members, lawmakers, and other key stakeholders that “prevention” is an integral part of the continuum of care and that prevention is a critical component of any thriving community.

Contact a Prevention Lead Organization to engage with prevention efforts in your region!

### Prevention Lead Organizations

#### REGION 1:

*Hancock, Brooke, Ohio, Marshall, Wetzel*  
Lori Bumba  
Youth Services System, Inc.  
(304) 233-2045  
lori.impactov@gmail.com

#### REGION 2:

*Pendleton, Grant, Hardy, Mineral,  
Hampshire, Morgan, Jefferson, Berkeley*  
Paige Mathias  
Potomac Highlands Guild  
304-257-1155  
paigem@potomachighlandsguild.com

#### REGION 3:

*Tyler, Pleasants, Wood, Ritchie, Jackson,  
Wirt, Roane, Calhoun*  
Shelly Mize  
Westbrook Health Services  
304-927-5200 ext 410  
smize@westbrookhealth.com

#### REGION 4:

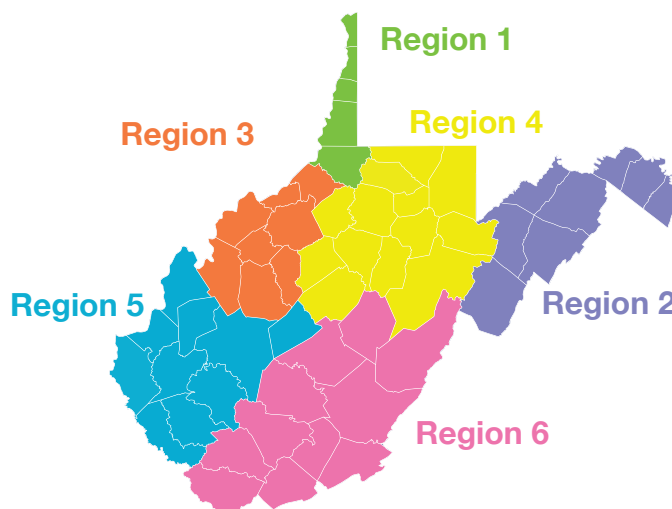
*Monongalia, Preston, Marion, Doddridge,  
Harrison, Taylor, Barbour, Tucker, Gilmer,  
Lewis, Upshur, Randolph, Braxton*  
Elizabeth Shahan  
West Virginia Prevention Solutions  
304-423-5049  
WVPSDirector@gmail.com

#### REGION 5:

*Mason, Putnam, Kanawha, Clay, Cabell,  
Wayne, Mingo, Logan, Lincoln, Boone*  
Kim Shoemake  
Prestera Center  
304-412-7036  
Kimberly.Shoemake@prestera.org

#### REGION 6:

*Webster, Pocahontas, Nicholas, Fayette,  
Greenbrier, Raleigh, Summers, Monroe,  
Wyoming, Mercer, McDowell*  
Greg Puckett  
Community Connections  
304-913-4956  
drugfree@strongcommunities.org



# West Virginia RESOURCES

Two websites have been developed to promote the resources, services, events and trainings in our state related to substance abuse prevention:



HelpandHopeWV.org



**Help & Hope WV** connects people to information, tools, directory of services, calendar of trainings, and events across the state.



StigmaFreeWV.org



**StigmaFree WV** provides information about the types of stigma experienced by individuals with substance use disorder, stories of recovery, and how people can get involved.

Funded with Federal Strategic Prevention Framework for Prescription Drugs Funds administered through the West Virginia Department of Health and Human Resources' Bureau for Behavioral Health

## GET HELP



**For 24/7 Help With a Substance Use or Mental Health Issue**  
1-844-435-7498; [www.help4wv.com](http://www.help4wv.com)

FindTreatment.gov



**Substance Use and Mental Health Treatment Locator**  
<https://findtreatment.gov>  
1-800-662-HELP (4357); 1-800-487-4899 (TTY)



**Alcohol Treatment Navigator**  
<https://alcoholtreatment.niaaa.nih.gov/>



**Find a Narcotics Anonymous Meeting Near You**  
<https://www.na.org/meetingssearch/>



**Find an Alcoholics Anonymous Meeting Near You**  
<http://www.aa.org/>



**West Virginia Poison Control**  
<http://wvpoisoncenter.org>



**National Suicide Prevention Lifeline**  
1-800-273-8255



**Prevent Suicide WV**  
<https://preventsuicidewv.com/help/?cat=help>



**For 24/7 Help With a Gambling Problem**  
<https://www.1800gambler.net/>

West Virginia

**Center for Local Health**

**Find Your Local Health Department**  
<http://dhhr.wv.gov/localhealth/Pages/Map.aspx>



**Help304 West Virginia's Emotional Strengthline**  
HELP304 provides social, emotional, and supportive counseling via call, text, and chat. <http://help304.com/>